



## **SCHOOL AND SCHOOL DISTRICT REPORTS**

### **MAINE**

#### **2011 MIYHS GRADE 5-6 REPORT**

# UNDERSTANDING THE DATA - SCHOOL AND SCHOOL DISTRICT REPORTS

## Student Confidentiality and Reporting Thresholds

To protect student confidentiality, responses based on fewer than 6 individuals will not be shown in any report. Also, individual reports have not been generated for schools or school districts when fewer than 20 students participated in the MIYHS. In order to receive a report, schools must have had at least a 50% student participation level in the eligible grades; school districts must have had an overall response rate of at least 50% (overall response rate = school response rate within a district x student response rate for participating schools).

## How to Read this Report

For grades 5 and 6, all non-demographic questions included on the 2011 MIYHS survey instrument are presented in this report. For middle school (MS), only questions that appeared on all four survey modules are included in this report; the same applies to high school (HS). Questions are grouped by topic area.

Please note that the numbers listed to the left of the questions in this report are for formatting purposes only; they do not represent actual question numbers on the survey instruments themselves.

When questions and/or answer options have changed from 2009 to 2011 and there may be a change in the way the results could be interpreted, the word "Modified" is listed after the question. Please go to <http://www.maine.gov/dhhs/osa/pubs/data/modifiedvar.pdf> for more information on the modified variables.

Each estimate is the percentage of students who answered in the way specified in the question title; for instance, 28.0% of Maine's high school students said they had consumed alcohol at least once in the 30 days prior to taking the MIYHS.

Because the percentage is an estimate, there is some error involved. This is reflected in the Confidence Interval, which is bounded by the **Lower Confidence Limit (LCL)** and the **Upper Confidence Limit (UCL)**. Confidence intervals reflect how precise and stable the percentages are for students in your school / school district. If your report indicates that in the past 30 days 29% of your students drank alcohol and there is a confidence interval of 27% to 31%, this means that there is a 95% chance that between 27% and 31% of your students engaged in this behavior in the past 30 days, and a 5% chance that fewer than 27% or more than 31% engaged in that behavior. In other words, if the survey were conducted 100 times at your school / school district, 95 of those times the percent of students who drank alcohol in the past month would be between 27% and 31%. Wider confidence intervals reflect more variability in student responses compared to more narrow confidence intervals. The narrower the confidence limits, the more confidence we have in the percentage. In general, the greater the proportions of eligible students taking the survey, the more confidence we have that the percentages reflect the true underlying population of students.

## Comparing Local Data to Maine's: Is the Difference Statistically Significant?

In the last three columns of the report, we present the results of statistical tests designed to determine whether the difference between values is more than would have been expected by chance. Your school or district is compared to the state in 2009 and in 2011, and your school/district's values for these two survey years are compared as well. If there is an "H" in a *significance tests* column, your school/district's percentage on this indicator is statistically higher than the state average or the previous survey year; if there is an "L", this indicates that your school/district's percentage on this indicator is statistically lower than the state average or the previous survey year. Another means of assessing statistical significance is to compare confidence intervals. If the confidence interval around one percentage does not overlap with the confidence interval around another percentage, then the estimates are considered significantly different.

<i>Maine</i>		
Demographics 2011 MIYHS 5-6 Report		
Category	2011 Maine Count	2011 Maine Percent
Total	11,484	100.0%
Female	5,571	48.5%
Male	5,752	50.1%
Missing	161	1.4%
Grade 5	3,912	34.1%
Grade 6	7,473	65.1%
Missing	99	0.9%

*Demographic counts are unweighted*

<b>Maine</b> <b>Unintentional Injury -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
1.	How often do you wear a seat belt when riding in a car? (qn7 / en7)	Percentage of students who answered 'Never' or 'Rarely'	<b>1.8%</b> (1.5% - 2.1%)	1.8% (1.4% - 2.3%)	
2.	How often do you ride in the back seat when you are riding in a car? (qn8 / en8)	Percentage of students who answered 'Never' or 'Rarely'	<b>21.3%</b> (19.9% - 22.8%)	20.2% (18.7% - 21.7%)	
3.	When you ride a bicycle, how often do you wear a helmet? (qn9) / (Modified, en9a)	Percentage of students who answered 'Never' or 'Rarely'	<b>29.7%</b> (26.9% - 32.4%)	29.7% (26.4% - 33.1%)	

\* CI = Confidence Interval

C. **H/L**=Maine 2011 is significantly **Higher/Lower** than Maine 2009

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^ Data not available for 2009

Percents and Confidence Intervals are weighted

<i>Maine Bullying -- 2011 MIYHS 5-6 Report</i>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
4.	Have you ever been bullied on school property? (en51)	Percentage of students who answered 'Yes'	<b>45.4%</b> (43.2% - 47.5%)	^	^
5.	Have you ever been bullied away from school? (en52)	Percentage of students who answered 'Yes'	<b>36.5%</b> (34.7% - 38.2%)	^	^

<i>Maine Violence -- 2011 MIYHS 5-6 Report</i>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
6.	Do you agree or disagree with the following statement? "I feel safe at my school." (qn12 / en12)	Percentage of students who answered 'Strongly agree' or 'Agree'	<b>89.0%</b> (88.0% - 90.0%)	90.4% (89.4% - 91.5%)	

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<b>Maine Tobacco -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
7.	Have you ever tried cigarette smoking, even one or two puffs? (qn13 / en13)	Percentage of students who answered 'Yes'	<b>2.7%</b> (2.2% - 3.1%)	3.9% (3.2% - 4.6%)	L
8.	During the past 30 days, on how many days did you smoke cigarettes? (qn14 / en14)	Percentage of students who answered at least 1 day	<b>0.9%</b> (0.6% - 1.1%)	1.2% (0.9% - 1.5%)	
9.	Do you think you will try a cigarette soon? (qn15 / en15)	Percentage of students who answered 'I definitely will', 'I probably will' or 'I probably will not'	<b>10.3%</b> (9.2% - 11.3%)	9.3% (8.5% - 10.1%)	
10.	Do you think you will smoke a cigarette at anytime during the next year? (qn16 / en16)	Percentage of students who answered 'I definitely will', 'I probably will' or 'I probably will not'	<b>6.5%</b> (5.6% - 7.3%)	6.4% (5.6% - 7.2%)	
11.	If one of your best friends offered you a cigarette, would you smoke it? (qn17 / en17)	Percentage of students who answered 'Definitely yes', 'Probably yes' or 'Probably not'	<b>9.6%</b> (8.7% - 10.5%)	9.3% (8.5% - 10.1%)	

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<b>Maine</b> <b>Alcohol -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
12.	Have you ever had a drink of alcohol, other than a few sips? (qn18) / (Modified, en18a)	Percentage of students who answered 'Yes'	<b>7.2%</b> (6.5% - 8.0%)	8.2% (7.3% - 9.0%)	
13.	During the past 30 days, on how many days did you have at least one drink of alcohol? (qn19 / en19)	Percentage of students who answered at least 1 day	<b>1.8%</b> (1.5% - 2.0%)	2.5% (2.1% - 3.0%)	L
14.	If you wanted to get some alcohol, how easy would it be for you to get some? (qn20 / en20)	Percentage of students who answered 'Sort of easy' or 'Very easy'	<b>15.0%</b> (13.9% - 16.2%)	17.8% (16.4% - 19.2%)	L
15.	How wrong do your parents feel it would be for you to drink alcohol regularly? (qn21 / en21)	Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	<b>2.8%</b> (2.4% - 3.1%)	2.7% (2.3% - 3.2%)	

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<i>Maine Marijuana -- 2011 MIYHS 5-6 Report</i>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
16.	Have you ever used marijuana? (en53)	Percentage of students who answered 'Yes'	<b>1.2%</b> (0.9% - 1.4%)	^	^

<i>Maine Other Drugs -- 2011 MIYHS 5-6 Report</i>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
17.	Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high? (qn22) / (Modified, en22a)	Percentage of students who answered 'Yes'	<b>4.0%</b> (3.5% - 4.5%)	5.4% (4.7% - 6.0%)	L

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<b>Maine</b> <b>Other Drugs -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
18.	During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol or drug use? (qn23 / en23)	Percentage of students who answered 'Yes'	<b>39.9%</b> (38.6% - 41.2%)	41.4% (39.8% - 43.0%)	
19.	Do you agree or disagree with the following statement? "My family has clear rules about alcohol and drug use." (qn24 / en24)	Percentage of students who answered 'Strongly agree' or 'Agree'	<b>91.3%</b> (90.3% - 92.2%)	92.4% (91.8% - 93.0%)	
20.	About how many adults (over 21) have you known personally who in the past year have gotten drunk or high? (qn25 / en25)	Percentage of students who answered at least 1 adult	<b>48.2%</b> (46.6% - 49.9%)	48.6% (46.1% - 51.1%)	

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<b>Maine</b> <b>Nutrition -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
21.	During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.) (qn29 / en29a)	Percentage of students who answered at least once in the past week	<b>78.1%</b> (76.9% - 79.2%)	80.1% (78.8% - 81.3%)	
22.	During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.) (qn30 / en30a)	Percentage of students who answered at least once in the past week	<b>90.4%</b> (89.5% - 91.2%)	90.4% (89.4% - 91.5%)	
23.	During the past 7 days, how many times did you eat vegetables, such as carrots, green salad, corn, or green beans? (Do not count french fries or other fried potatoes.) (qn31 / en31a)	Percentage of students who answered at least once in the past week	<b>91.8%</b> (91.0% - 92.6%)	93.3% (92.7% - 93.9%)	L

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<b>Maine</b> <b>Nutrition -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
24.	During the past 7 days, how many times did you drink a can, bottle, or glass of soda, sports drink, energy drink, or other sugar-sweetened beverage (Gatorade, Red Bull, lemonade, sweetened tea/coffee drinks, flavored milk, Snapple, Sunny Delight)? (en54)	Percentage of students who answered at least once in the past week	<b>82.2%</b> (80.8% - 83.6%)	^	^
25.	During the past 7 days, how many meals did you eat with your family? (en55)	Percentage of students who answered at least 7 meals	<b>61.6%</b> (59.8% - 63.4%)	^	^

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<b>Maine</b> <b>Physical Activity -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
26.	During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Include any kind of physical activity that increased your heart rate and made you breathe hard some of the time.) (Modified, en56)	Percentage of students who answered at least 5 days	<b>51.1%</b> (49.2% - 53.0%)	^	^
27.	On an average school day, how many hours do you watch TV? (qn34 / en34)	Percentage of students who answered at least 3 hours	<b>29.4%</b> (27.5% - 31.2%)	30.7% (28.2% - 33.3%)	
28.	On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.) (en57)	Percentage of students who answered at least 3 hours	<b>23.6%</b> (21.8% - 25.5%)	^	^

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<b>Maine</b> <b><i>Asthma -- 2011 MIYHS 5-6 Report</i></b>					
					<b>Significance Tests</b>
	<b>Questions</b>	<b>Answers of Interest</b>	<b>Maine 2011 95% CI*</b>	<b>Maine 2009 95% CI*</b>	<b>C. Maine 2011 vs. Maine 2009</b>
29.	Has a doctor or nurse ever told you that you have asthma? (qn36) / (Modified, en36a)	Percentage of students who answered 'Yes'	<b>17.5%</b> (16.3% - 18.8%)	16.7% (15.8% - 17.5%)	
30.	During the past 12 months, have you had an asthma attack or taken asthma medication? (qn37 / en37)	Among students who reported to have asthma, the percentage of students who answered 'Yes'	<b>26.7%</b> (24.5% - 28.8%)	28.5% (26.2% - 30.7%)	
31.	Has a doctor, nurse, or asthma teacher ever taught you what to do during an asthma episode or attack? (qn38 / en38)	Among students who reported to have asthma, the percentage of students who answered 'Yes'	<b>22.5%</b> (20.4% - 24.7%)	20.0% (18.0% - 22.0%)	
32.	During the past month, how often has asthma limited your usual activities? (qn39 / en39)	Among students who reported to have asthma, the percentage of students who answered 'Most of the time' or 'Some of the time'	<b>31.2%</b> (28.5% - 33.8%)	32.3% (30.0% - 34.7%)	
33.	How often did you miss school this year because of your asthma? (qn40 / en40)	Among students who reported to have asthma, the percentage of students who answered 'I missed school some of the time' or 'I missed school often'	<b>11.8%</b> (10.1% - 13.5%)	13.7% (12.0% - 15.3%)	

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<b>Maine</b> <b>Asthma -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
34.	During the past month, how often did your asthma make it difficult for you to stay asleep? (qn41 / en41)	Among students who reported to have asthma, the percentage of students who answered at least 1 time	<b>25.1%</b> (22.8% - 27.4%)	30.7% (28.2% - 33.1%)	L
35.	During the past month, how many days did you have any symptoms of asthma such as shortness of breath, tightness in chest, or a wheezing cough? (qn42 / en42)	Among students who reported to have asthma, the percentage of students who answered at least 1 day	<b>44.3%</b> (41.6% - 47.0%)	44.6% (42.2% - 47.0%)	

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<b><i>Maine Diabetes -- 2011 MIYHS 5-6 Report</i></b>					
					<b>Significance Tests</b>
	<b>Questions</b>	<b>Answers of Interest</b>	<b>Maine 2011 95% CI*</b>	<b>Maine 2009 95% CI*</b>	<b>C. Maine 2011 vs. Maine 2009</b>
36.	Has a doctor or nurse ever told you that you have diabetes? (qn43) / (Modified, en43a)	Percentage of students who answered 'Yes'	<b>1.3%</b> (1.0% - 1.5%)	1.1% (0.9% - 1.3%)	

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<b>Maine</b> <b>Dental Care -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
37.	When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work? (Modified, en58)	Percentage of students who answered 'During the past 12 months (1 year)'	<b>68.6%</b> (66.5% - 70.8%)	^	^
38.	During the past month, how many days of school have you missed because of problems with your teeth? (Do not include routine dentist or orthodontist visits.) (qn45) / (Modified, en45a)	Percentage of students who answered 'at least 1 day'	<b>9.8%</b> (9.0% - 10.6%)	8.2% (7.4% - 8.9%)	H

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<b>Maine</b> <b>Sun Protection -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
39.	When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher? (qn46 / en46)	Percentage of students who answered 'Most of the time' or 'Always'	<b>42.4%</b> (40.2% - 44.6%)	46.3% (44.2% - 48.4%)	
40.	When you are outside for more than one hour on a sunny day, how often do you do one of the following: stay in the shade, wear clothing that covers most of your arms and legs, or wear a hat? (qn47 / en47)	Percentage of students who answered 'Most of the time' or 'Always'	<b>32.0%</b> (30.9% - 33.1%)	34.7% (33.3% - 36.1%)	L
41.	During the past year, have you had any sunburns? (A sunburn is any reddening or burn of the skin that lasts until the next day.) (qn48 / en48)	Percentage of students who answered 'Yes'	<b>54.3%</b> (53.0% - 55.6%)	55.4% (53.9% - 56.9%)	

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<b>Maine</b> <b>Assets -- 2011 MIYHS 5-6 Report</b>					
					Significance Tests
	Questions	Answers of Interest	Maine 2011 95% CI*	Maine 2009 95% CI*	C. Maine 2011 vs. Maine 2009
42.	During an average week, how many days do you spend time in clubs, after-school programs, or other organized activities (other than sports) outside of regular school hours? (qn35 / en35)	Percentage of students who answered at least 1 day	<b>51.0%</b> (48.6% - 53.4%)	53.3% (51.3% - 55.4%)	
43.	Do you agree or disagree that you have parents who try to help you succeed? (qn49 / en49)	Percentage of students who answered 'Strongly agree' or 'Agree'	<b>92.1%</b> (91.3% - 92.9%)	92.5% (91.7% - 93.3%)	
44.	Do you agree or disagree that at least one of your teachers really cares and gives you help and support when you need it? (qn50 / en50)	Percentage of students who answered 'Strongly agree' or 'Agree'	<b>82.1%</b> (81.0% - 83.2%)	82.7% (81.6% - 83.8%)	

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